

## Brown Rice Pudding<sup>300</sup>

Number of Servings: 300 (193.77 g per serving)

| Amount | Measure | Ingredient                  |
|--------|---------|-----------------------------|
| 12 1/2 | gal     | Milk, 1%, w/add vit A & D   |
| 8 1/2  | qt      | Rice, brown, med grain, ckd |
| 4 1/4  | Tbs     | Spice, cinnamon, ground     |
| 4 1/4  | Tbs     | Spice, nutmeg, ground       |
| 3.00   | qt      | Sugar, brown, packed        |

### Nutrients per serving

| Nutrition Facts                                                                                                                    |                           |
|------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| Serving Size (194g)                                                                                                                |                           |
| Servings Per Container                                                                                                             |                           |
| Amount Per Serving                                                                                                                 |                           |
| Calories 130                                                                                                                       | Calories from Fat 15      |
| % Daily Value*                                                                                                                     |                           |
| Total Fat 2g                                                                                                                       | 3%                        |
| Saturated Fat 1g                                                                                                                   | 5%                        |
| Trans Fat 0g                                                                                                                       |                           |
| Cholesterol 10mg                                                                                                                   | 3%                        |
| Sodium 75mg                                                                                                                        | 3%                        |
| Total Carbohydrate 22g                                                                                                             | 7%                        |
| Dietary Fiber 0g                                                                                                                   | 0%                        |
| Sugars 17g                                                                                                                         |                           |
| Protein 6g                                                                                                                         |                           |
| Vitamin A 6%                                                                                                                       | Vitamin C 0%              |
| Calcium 20%                                                                                                                        | Iron 2%                   |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                           |
|                                                                                                                                    | Calories: 2,000 2,500     |
| Total Fat                                                                                                                          | Less than 65g 80g         |
| Saturated Fat                                                                                                                      | Less than 20g 25g         |
| Cholesterol                                                                                                                        | Less than 300mg 300 mg    |
| Sodium                                                                                                                             | Less than 2,400mg 2,400mg |
| Total Carbohydrate                                                                                                                 | 300g 375g                 |
| Dietary Fiber                                                                                                                      | 25g 30g                   |
| Calories per gram:                                                                                                                 |                           |
| Fat 9 • Carbohydrate 4 • Protein 4                                                                                                 |                           |

### Notes

PREPARE DAY BEFORE: this recipe must cool to thicken

Potentially Hazardous Food. Food Safety Standard: Chill after preparation. Hold for service at temperature of 40 degrees or less.

1/3 cup white sugar may be substituted for each 1/4 cup brown sugar in recipe